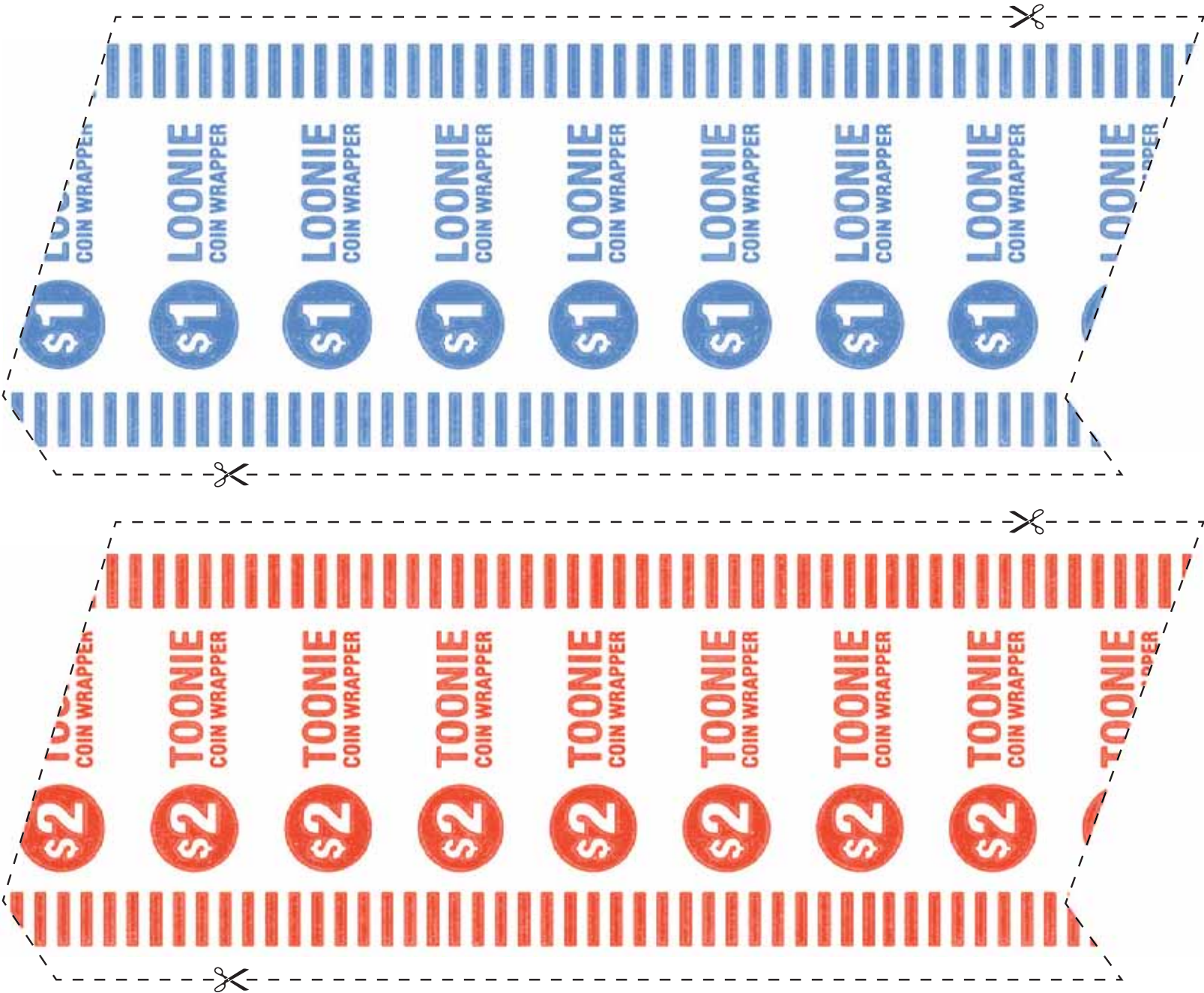


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Do unto others

All it takes is one act of kindness to set in motion a ripple effect, according to a Calgary father hoping to spread some cheer **PAGE 5**

Dangers of student debt

Some warn that loans come with big risks for post-grad life **PAGE 3**

ELTON JOHN SAVES THE DAY FOR FALL OUT BOY

ELTON JOHN'S SURPRISE APPEARANCE ON THE NEW FALL OUT BOY ALBUM PROVIDED A LITTLE GROUP THERAPY FOR PETE WENTZ AND THE BAND **PAGE 17**



ALLEGED TERROR PLOT FOILED

RCMP Sgt. Laporte walks with Mohammad Shaied Sheikh of the Masjid el Noor Mosque before attending a press conference in Toronto on Monday. The RCMP announced the arrest of two men accused of plotting a terror attack on a rail target. See story, page 6.

CHRIS YOUNG/THE CANADIAN PRESS

Five options, \$50M in funds: You decide

Tax room. Decision on how to use funds to be made by council in July



ROBSON FLETCHER
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City council claimed more than \$50 million in "tax room" from the province Monday and now wants you to help decide what to do with it.

By a 9-4 vote, council opted to "move in to the tax room," effectively asserting municipal control over the funds left over when the province allocated a smaller-than-expected share of Calgary's property taxes to education, while taking larger amounts of money from other municipalities' tax rolls.

Council then unanimously endorsed a plan put forward by Mayor Naheed Nenshi to ask Calgarians which of five ways they'd prefer to use the funds.

The options include devoting the money to transit infrastructure, reducing business taxes, community revitalization, returning the funds to taxpayers as a whole, or paying down city debt.

The mayor favours spending money on "low-cost, high-impact" transit infrastructure but said the other ideas have merit, too.

Ald. Richard Pootmans spoke in favour of reducing civic debt.

"I think biggest thing we can do for everybody in the city is to keep our debt levels as modest as possible," he said.

Ald. Peter Demong, who

voted against claiming the tax room in the first place, said the money should go back to taxpayers.

One way or another, Ald. Jim Stevenson said, the funds should go towards filling the gap in Calgary's infrastructure needs.

As Metro reported Sunday, the mayor wants to come up with a specialized, "innovative" process to gather public feedback, perhaps in Dragons' Den style, with different aldermen making a case for each option.

He said Monday he would like a one-page fact sheet produced for each option and a simple method for people to submit "informed opinions" online and in person.

After receiving the feedback, council is set to make a decision in July.

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Council. Builders allegedly plot to get 'favourite' candidates elected

Members of city council were concerned but not surprised to see a video surface Monday that appeared to reveal a concerted effort by Calgary homebuilders to replace certain aldermen with candidates friendly to the industry.

"It fleshes out what most of us have been hearing rumours about for the last couple of months," Ald. Dale Hodges said. "They only have a couple of favourites (on council) and all the others, they want to fund candidates to run against them."

Global Calgary broadcast snippets of a video reportedly recorded last November, in which a local homebuilder outlines the plan.

Hodges said he's never seen anything like it in his 30 years on council.

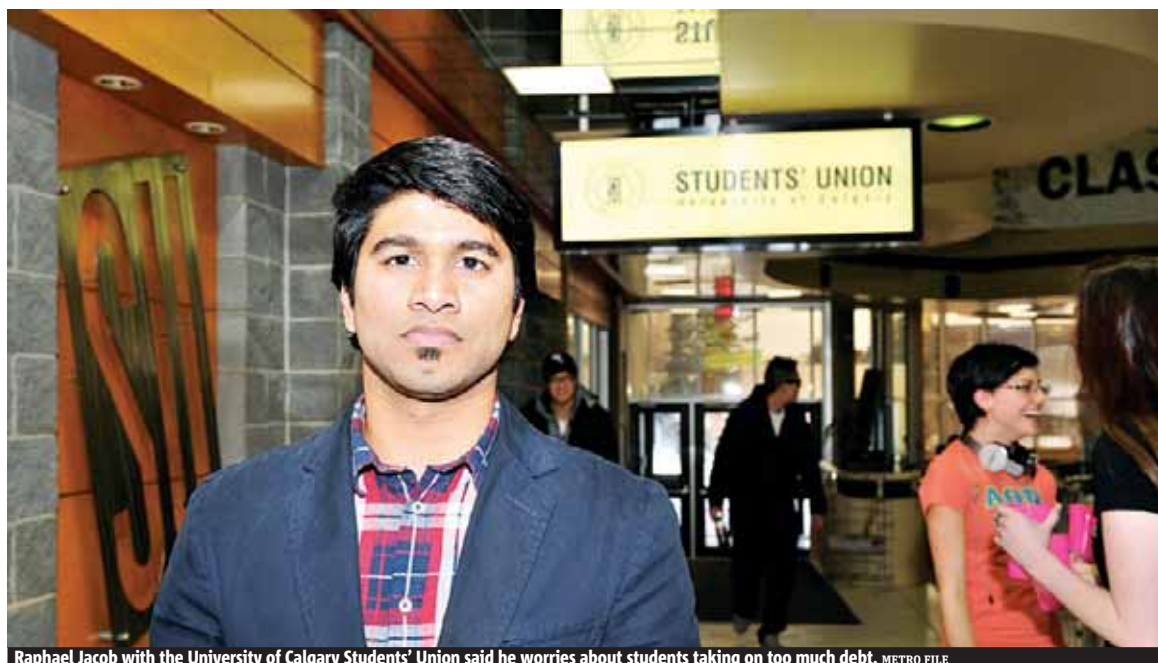
"I've never seen a concerted effort by one group ... to finance their own candidates, irrespective of what the election laws say," he said.

Ward 12 Ald. Shane Keating, named in the Global piece, said he hadn't seen the video, but that his record stands for itself.

"I can state without question that if you look at my voting record, it is not a one-sided decision on many things," said Keating.

"I have to admit, on the same side, Ward 12 is a very developing area and I support many of the developments. But, that doesn't mean in any way, shape or form that anybody tells me how to vote."

ROBSON FLETCHER/METRO
WITH FILES FROM DARREN KRAUSE



Raphael Jacob with the University of Calgary Students' Union said he worries about students taking on too much debt. METRO FILE

Blessing or curse?

Student loans. As more money becomes available, some worry students won't be able to resist the urge to take on more debt



JEREMY
NOLAÏS
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Provincial officials have freed up tens of millions more in loans for Alberta students, but some are warning that taking on such debt comes with major risks post-graduation.

In all, the Alberta government has added \$150 million to its student-loans fund since original projections that \$275 million would be available for the near-complete 2012-13 school year — a 55 per cent increase.

The province claims the

dramatic jump comes as a result of changes to student-aid provisions that make post-secondary more accessible by putting less emphasis on parent contributions and part-time earnings when considering which students qualify.

But Ron Graham, president of his own Edmonton financial-planning firm, worries the now-\$425 million available for loans will be enticing to some young Albertans who haven't fully thought through their career plans.

"If you find that what you want to do is not an area that (is a) growing profession (or) occupation, you may want to sit back and think should I go into debt to get this degree that may not help me get a job ... judging from kids, I don't think that happens very much," he said.

When combined with federal student loans, the average Alberta student took out \$10,933 in 2011-12, according

to data provided by the University of Calgary Students' Union.

Provincial student loans can take a floating interest rate or a fixed one at prime plus 2 per cent. Federal loans come at an even greater cost of prime plus 2.5 per cent or a fixed 5 per cent rate. The Canadian Federation of Students says the majority of students take close to a decade to pay back their loans, meaning thousands in interest is tacked on.

And that outstanding charge is a major concern for Raphael Jacob, chair of the Council of Alberta University Students and incoming president of the University of Calgary Students' Union. He said while he appreciates any move to make education more accessible, he would far prefer to see the loans turned into other forms of student aid like bursaries, grants and scholarships.

"The back-end cost — that

Most repay student loans

- The Alberta government estimates it receives full repayment of loans from 90 per cent of students taking them.
- Students do not accrue interest on their loans during their time at a post-secondary institution as well as during a six-month grace period after graduation.

crushing debt load — that's the downside," he said.

Alberta non-loan student aid will rise five per cent to \$211 million for the 2013-14 school year.

As well, the government announced last week it's freezing tuition for 2013-14; however, some schools are still adding new or increased student-services fees.

Don't Be That Guy. Campaign drives home importance of consent

The message is pretty clear — sex without consent is assault.

That's the point Calgary police and sexual assault prevention advocates are attempting to get across with the launch of the second phase of the Don't Be That Guy campaign.

A series of four new posters featuring messages like, "It's not sex when she doesn't want it," will be put up

around the city. One poster also speaks to same-sex sexual violence.

Danielle Aubry, executive director with Calgary Communities Against Sexual Abuse, said this campaign flips the responsibility from victim blaming to targeting perpetrators.

"In order for us to make any change in this field, we have to hold offenders accountable," she said. Until

we really get that straight as a society, she says, "we're going to continue to have our women, boys and girls and men at risk of being sexually assaulted."

All of the scenarios in the posters are ones Staff Sgt. Ryan Jepson with the Sex Crimes Unit said he's familiar with.

"Consent has to be ongoing, it has to be voluntary and people cannot give con-

sent who are intoxicated by alcohol or drugs," he said.

Jepson said the success of the campaign will also be measured by the number of reports of sexual assault they receive, adding that they hope to see the reports increase, as sexual assault often goes unreported.

Further information about the campaign and the laws of consent can be found at savcalgary.ca. KATIE TURNER/METRO



A poster from the Don't Be That Guy campaign CONTRIBUTED

Dave Rutherford

Talk-radio host turning off his mic

The Rutherford Show is retiring from News Talk 770. Dave Rutherford began his 42-year career at CKYL Peace River in Alberta in 1971. He moved to CKNW Vancouver



Dave Rutherford
CONTRIBUTED

in 1974, leaving in 1983 to head the newsroom at CHQR AM770 in Calgary. There he worked as a program director and

news director before hosting his own show when the station launched its News Talk format.

His awards include the Alberta Centennial Medal, Broadcaster of the Year, the Queen's Diamond Jubilee Medal and Tax Fighter of the Year. His show goes off the air in August. **METRO**

'He's really gone'

Rumoured Iginla mansion goes on market

Diehard Calgary Flames fans have taken a new house listing as a sign their beloved superstar Jarome

Iginla won't be returning anytime soon.

The \$3.9-million mansion in Britannia is rumoured to belong to Iginla and features five bedrooms, a ribbon gas fireplace, a large wine room made entirely of glass, a backyard sports court and a media room

complete with a bar.

Iginla was traded to the Pittsburgh Penguins last month, but some fans had hoped he would return to the basement-dwelling Flames after making a run at the Stanley Cup.

"He's really gone," wrote one fan on Twitter.

METRO

Outside activities could suffer in wake of cuts: Teacher rep

Budget woes. Funding for grades 10 to 12 cut by about 11% per student



JEREMY NOLAÏS
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High-school clubs, sports teams and other after-hours activities will suffer if teachers are forced to contend with larger class sizes and greater workload, a teacher representative warns.

Frank Bruseker, local president of the Alberta Teachers' Association, offered this grim reality on Monday after resource-allocation booklets were distributed to Calgary Board of Education principals last week. They show a nearly \$475 reduction in funding per student in Grades 10 to 12 for the 2013-14 school year.

Bruseker said his biggest concern is layoffs, but after that he worries about the workload demands placed on those lucky enough to keep their jobs.

"They (teachers) are going to say, 'I'm going to reduce my non-core work — in other words, my volunteering and coaching — because I need to focus in on the core work of

Positions endangered?

- Frank Bruseker of the Alberta Teachers' Association has said he fears as many as 175 teaching positions with the Calgary Board of Education will be eliminated in 2013-14.

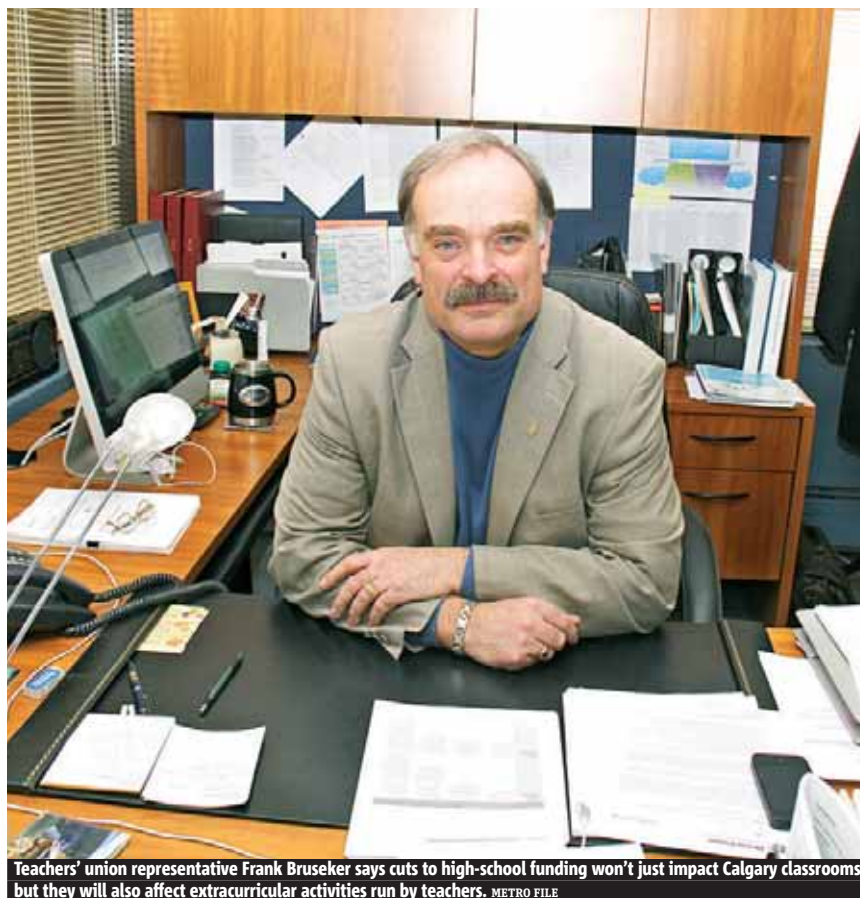
teaching," said Bruseker, who coached volleyball when he taught at a city high school.

The reduction in funding works out to about 11 per cent per high-school student, while funding for other grades will take smaller hits.

Calgary Board of Education officials could not be reached for comment on Monday afternoon.

Vic Quan, executive director of the Calgary Senior High School Athletic Association, said some city schools are already facing challenges finding in-school coaches, forcing them to rely heavily on parent volunteers.

"I'm nervous in terms of if everyone starts thinking they're going to have to start applying resources to different activities (than sports) ... you do have to have a certified staff member attached to each team," Quan said.



Teachers' union representative Frank Bruseker says cuts to high-school funding won't just impact Calgary classrooms, but they will also affect extracurricular activities run by teachers. **METRO FILE**

City hall. Council forges new ethical guidelines

City council enacted formal new rules on Monday for the ethical conduct of the mayor and aldermen, despite disagreement over many of the details.

"I think it's a step in the right direction, and we need to take this step sooner rather than later," Ald. Gael MacLeod said of a new policy governing the disclosure of gifts council members receive with a value of \$150 or more. Though she felt the policy was "not perfect," she said it was good enough to support.

Ald. Peter Demong voted against the new rules, which he described as "technically unenforceable." "I'm not a big fan of putting rules in place that can't be enforced," he said.

Council also approved a new policy that requires the mayor and aldermen to record their meetings and regularly disclose whom they've met in their offices or elsewhere at city hall. The policy doesn't apply to meetings with city staff or media interviews.

Ald. Druh Farrell thought it should apply more broadly, noting some meetings may take place over lunch or a round of golf. "If it's business, we should be identifying who they're meeting with, regardless of the location," she said.

The new rules take effect on July 1. **ROBSON FLETCHER/METRO**

Bow River fish caught, tagged with transmitters



Consultants hired by Alberta Transportation have been stunning and tagging trout near Harvie Passage, a popular kayaking spot in the Bow River. **METRO FILE**

After stunning fish with jolts of electricity, tagging them and releasing them back into the Bow River near Harvie Passage, the Alberta government is asking anglers to keep an eye out for tagged rainbow trout.

The trout were captured through a process called "electrofishing," said Dana Becker, a manager of environmental and aquatic resources with Alberta Transportation. They were then tagged with a distinctive implant near the eye, and

a radio transmitter was attached near the dorsal fin.

"The fish that were too small to put a radio tag on, we've put markings on them with a non-toxic sort of paint," she said. "So if a fisherman catches one of those up above the weir, we'd want to know about that, too."

The effort is part of a regulatory requirement stemming from modifications made to the weir and the construction of Harvie Passage.

Becker said the fish were

stunned and tagged by TERA Environmental Consultants over two days this month, and the work will occur again in the fall for brown trout and mountain whitefish.

She said it's the least intrusive way to tag and monitor fish.

The fish are monitored through permanent radio receivers on the weir as well as mobile receivers carried by researchers along the shoreline, Becker said.

ROBSON FLETCHER/METRO

A game of fish tag

- If you catch a tagged fish, you are asked to release it and report the time and location by email to tera@teraenv.com or at 403-265-2885.
- If you accidentally kill a tagged fish, you are asked to return the radio tag to a provincial conservation officer or to TERA Environmental.

Pay it forward, Calgary

Positivity. Participants in 40 countries will do good unto others this Thursday

All it takes is one smile or one act of kindness to set in motion a ripple effect, according to a Calgary father who is hoping to spread some cheer.

Andrew Moffat, organ-

izer of Pay It Forward Day Calgary, says he was inspired to put on an event in Cowtown after stumbling on the idea by chance.

"About a year and a half ago, I got sick feeling helpless that I couldn't change anything that I saw going wrong," he said. "Pay It Forward is about making the individual choice to do something. That's where change anywhere starts."

Pay It Forward Day, held in 40 countries worldwide, serves to start a movement of positivity.

In Calgary, Moffat says passersby can stop at Olympic Plaza Thursday from 11 a.m. to 2 p.m. to take in some free music, share an inspirational story and receive a Pay It Forward bracelet.

On Saturday, Moffat says any willing community volunteers are invited to dedicate

their day to cleaning up two community gardens in Bowness and Montgomery.

Moffat says he hopes Pay It Forward Day turns into a larger lifestyle change for people.

"If you look to do things but not for a return, that's going to change everything. The idea of it being just one day would be almost a waste. With any luck we can get several thousand random acts of kindness."

KATIE TURNER/METRO



Andrew Moffat holds one of 500 Pay It Forward bracelets he plans to hand out Thursday. For details visit payitforward.com. KATIE TURNER/METRO

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CBE hits waste targets

Throwing items like paper, containers and batteries in the trash has become a last resort at many Calgary schools.

As students across the city celebrated Earth Day Monday, the Calgary Board of Education was keen to celebrate reaching its five-year target of cutting waste in half. Each student now generates about 1.77 kilograms of waste per month, a 55 per cent drop from 2007-08 levels.

"We need to recycle things because if we don't the Earth will turn really bad," said Sydnie Schenk, a Grade 3 stu-



Classmates at University School perform a compost-themed rap song Monday. JEREMY NOLAIS/METRO

dent at University School.

Schenk and her classmates have taken the green scheme seriously, learning about and putting into practice initiatives

involving energy monitoring and organic composting. Broader initiatives include paper recycling, year-end cleanouts and waste-free lunches.

Olena Olafson, who heads the board's eco-team, says some of the measures can lead to big-time cost savings. "Our maintenance budgets decrease every year.... Power-saving can be a huge deal."

The board says re-evaluating waste-collection schedules and garbage-bin sizes is saving it \$13,100 per month.

JEREMY NOLAIS/METRO

Inquiry rejected

Health exec off the hook

Premier Alison Redford says a former health executive did the right thing by repaying \$7,800 to the province for a six-year-old expense blunder.

But Redford is resisting opposition calls for a broader investigation into Sheila Weatherill's actions when she was CEO of Edmonton's old Capital Health region.

THE CANADIAN PRESS

Research. Calgary doctor helping to save kids' lives

Research led by a Calgary physician has changed the way health-care workers around the world train to save the lives of sick and injured children.

"When you're looking after kids who are critically ill, it's a very high-stakes risky environment," said Dr. Adam Cheng, lead researcher in a study published Monday in the journal JAMA Pediatrics. "It requires the detailed co-ordination of many different team members."

Cheng's research found that the addition of a scripted debriefing session after a simulated emergency significantly improves the effectiveness of training for health-care workers.

His findings have been incorporated in the Pediatric Advanced Life Support course, which 500,000 health-care workers take each year, according to Alberta Health Services.

ROBSON FLETCHER/METRO



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An RCMP officer shakes hands after a transfer of a terror suspect at a Toronto-area airport. The two suspects are expected to appear in court for a bail hearing Tuesday in Toronto. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE VIA GETTY IMAGES

Plan to attack passenger train derailed: RCMP

Al-Qaida in Canada?
Details emerge on two Canadian residents charged in terror plot

Two Canadian residents were charged Monday for allegedly planning to attack a VIA Rail train in what the RCMP is calling the first known al-Qaida-directed plot in the country.

Chiheb Esseghaier, 30, of Montreal, and Raed Jaser, 35, of Toronto, were arrested Monday.

Police said the suspects had been watching railways in the Greater Toronto Area and were conspiring to derail

a passenger train. They said the plot had "direction and guidance" from al-Qaida in Iran.

Dubbed "Project Smooth," the investigation was part of a cross-border operation involving Canadian law enforcement agencies, the FBI and the U.S. Department of Homeland Security.

Police had Esseghaier and Jaser under surveillance since August. They were put on investigators' radar thanks to tips from the Muslim community, said Supt. Doug Best.

About two dozen Muslim community leaders were told before Monday's news conference that one suspect is Tunisian and one is from the United Arab Emirates.

They have been in the country legally for a "considerable period" but are not Canadian citizens, the RCMP said.

Police were carrying out search warrants in Toronto and Montreal on Monday.

In Markham, Ont., north of Toronto, police cordoned off half a duplex, with officers remaining well into the night. **THE CANADIAN PRESS**

Chiheb Esseghaier

First suspect a PhD student

A spokeswoman for the University of Sherbrooke told The Canadian Press that Chiheb Esseghaier studied there between 2008 and 2009.

More recently, he has been doing doctoral research at the Institut national de la recherche scientifique, a spokeswoman at the training university confirmed.

A LinkedIn page says a man with Esseghaier's name and academic background helped author a number of biology research papers, including papers on HIV and cancer detection. It also says he studied the detection of influenza A virus during graduate research.

The page carries a photo of a black flag inscribed with the Islamic declaration of faith.

No imminent danger

"While the RCMP believed the accused had the capacity to carry out these criminal acts, there was no imminent threat to the general public."

RCMP Assistant Commissioner James Malizia at a news conference.

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Bombing suspect's wife knew 'nothing': Lawyer

Boston slayings. With her husband dead, wife of Tamerlan Tsarnaev now subject of scrutiny

Her husband is dead, her brother-in-law in hospital with serious injuries. The spotlight has shifted to Katherine Russell, 24, widow of Tamerlan Tsarnaev. What

did she know about her late husband's role in the Boston bombing?

Nothing, her lawyer Amato DeLuca told The Associated Press.

"When this was allegedly going on she was working and had been working all week to support her family," he said.

Russell was a home-care worker and worked 70 to 80 hours a week, while Tsarnaev, 26, stayed home to look after

their three-year-old daughter, he said.

Russell found out from the news that her husband was the focus of the largest manhunt in U.S. history.

DeLuca said federal authorities want to question Russell but were still deciding how to proceed.

In the meantime, the young widow's life is being picked apart — particularly her conversion to Islam.

Photographs of Russell outside her home in Cambridge show her in black hijab and black clothing.

An unidentified high school friend told the British Daily Mail tabloid that she was "an all-American girl who was brainwashed" by her husband.

The Daily Mail reported that Tsarnaev was once charged with assaulting his wife. **TORSTAR NEWS SERVICE**



Mourners leave the funeral for Boston Marathon victim Krystle Campbell, 29, at St. Joseph's Church in Medford, Mass. ELISE AMENDOLA/THE ASSOCIATED PRESS

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India. 2nd man arrested in rape of five-year-old girl

A second suspect was arrested Monday in the rape of a five-year-old girl who New Delhi police say was left for dead in a locked room, a case that has brought new protests against how authorities handle sex crimes.

Pradeep Kumar, a 19-year-old garment-factory worker, was arrested Monday in the eastern state of Bihar, about 1,000 kilometres from New Delhi, and was being brought to the capital, police said.

Police said questioning of the first man arrested in the case, Manoj Kumar, led them to the second suspect. Manoj Kumar, 24, was arrested Saturday in Bihar and flown back to New Delhi. Kumar is a common last name in India, and the two men are not related. The men are accused of abducting, raping and attempting to murder the five-year-old, who went missing April 15 and was found two days later by neighbours who heard her crying in a locked room in the same building where she lives.

The girl was in critical condition when she was transferred



Pradeep Kumar, a 19-year-old garment-factory worker, is taken away by police. THE ASSOCIATED PRESS

Thursday to the country's largest government-run hospital. Its medical superintendent said Monday that she has stabilized.

For the third day, sporadic protests erupted in at least three places in New Delhi, with protesters shouting that police were slow in handling the case.

Delhi police Commissioner Neeraj Kumar admitted Monday that police had erred.

"The station-house officer and his deputy have been suspended," Kumar told reporters.

THE ASSOCIATED PRESS

Afghanistan

Feds won't claw back danger pay

Prime Minister Stephen Harper says soldiers in Afghanistan won't have to repay extra danger pay they got through an administrative error.

"It's certainly not the fault of the soldiers," he said. "For that reason, (Defence Minister Peter MacKay) has made very clear they will not have to repay those amounts."

After an outcry two weeks ago, the Conservatives also backed away from a plan to reduce danger pay by almost a third for troops training Afghan soldiers in Kabul. **THE CANADIAN PRESS**

Online exploitation

Private pics got online? Don't lose hope: PM's wife

Laureen Harper says that when a young person's private photos go public, families need to know they can do something.

Harper is promoting needhelppnow.ca, which offers tips and resources for fighting online exploitation.

"The website is a way ... to teach children, no, your life isn't over," Harper said.

Earlier this month, Rehtaeh Parsons died after a suicide attempt, which her family says was linked to photos of an alleged sexual assault. **THE CANADIAN PRESS**

Taliban take 11 prisoners after chopper grounded

Afghanistan. Pilot and crew seized in remote region, security forces retreat after firefights with insurgents

The Taliban took 11 civilians prisoner, including eight Turks and a Russian, after their cargo helicopter made an emergency landing in eastern Afghanistan, officials said Monday, in the first large-scale capture of foreigners there in nearly six years.

Security forces dispatched to the remote area retreated after engaging in firefights with the insurgents but failing to secure the area or retrieve the captives.

The crisis began Sunday when the civilian transport aircraft was forced down in strong winds and heavy rain in the village of Dahra Mangal in the Azra district of Logar province, southeast of Kabul, District

Insurgent attacks

Also on Monday, six police officers were killed in two separate insurgent attacks in the south.

- Provincial spokesman Umbar Zawaq said two police officers and two Taliban were killed when a patrol in the Khan Nashim district was attacked, and four police were killed in a firefight in the Marjah district.

Governor Hamidullah Hamid told The Associated Press. He said the helicopter came down in a gorge in the densely forested region, known for narrow gorges and rugged mountains, about 20 kilometres from the Pakistani border.

Taliban fighters then captured everyone aboard the helicopter and took them away, Hamid said. **THE ASSOCIATED PRESS**



Game on in Islamabad

Afghan refugee boys play a traditional wrestling game on the outskirts of Islamabad, Pakistan on Monday. Pakistan hosts over 1.6 million registered Afghans, the largest and most protracted refugee population in the world. **MUHAMMED MUHEISEN/THE ASSOCIATED PRESS**

Deadly flotilla raid

Israel, Turkey look to resolve differences

In a step toward restoring ties, former allies Turkey and Israel agreed Monday on the "methods and principles" of working out compensation payments for the victims of a deadly 2010 Israeli raid on a Gaza-bound aid flotilla, Turkey's deputy prime minister said.

Eight Turks and one

Turkish-American were killed and several other pro-Palestinian activists were wounded when Israeli commandos stormed the ship Mavi Marmara while stopping an international flotilla trying to breach a blockade of the Gaza Strip. The incident, which also wounded seven Israeli soldiers, increased tensions between the once close allies and led to a break in relations. **THE ASSOCIATED PRESS**



The Mavi Marmara ship, aboard which the deadly incident on a Gaza-bound flotilla took place on May 31, 2010. **ARIEL SCHALIT/THE ASSOCIATED PRESS**

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On Monday people rest near tents set up in the aftermath of an earthquake that struck China Saturday. THE ASSOCIATED PRESS

China shows off disaster-relief skills

At least 188 people killed. Refugee camp set up for survivors after quake has everything from phone-charging stations to ATMs

The tent village that sprang up in two days to house quake survivors in mountain-flanked Lushan is no ordinary refugee

camp. China's full range of disaster response is on display: Trucks with x-ray equipment, phone-charging stations, bank tellers-on-wheels — even a tent for insurance claims.

The efforts under way Monday in mountainous Sichuan province after a quake Saturday that killed at least 188 people showed that the government has continued to hone its disaster reaction — long considered a crucial leadership test in China — since a much more

devastating earthquake in 2008, also in Sichuan, and another one in 2010 in the western region of Yushu.

"Lushan was so heavily hit and my family's house toppled. It has been such a disaster for us," said Yue Hejun as he waited to recharge his family's three mobile phones at a charging stall, volunteered by a company and co-ordinated by the government in a new addition to services offered after natural disasters. THE ASSOCIATED PRESS

Protests. Rising tensions over student takeovers at Mexico's largest university

Teachers and students at Mexico's largest university are expressing frustration with the latest in a series of violent student takeovers of campus offices.

Several dozen professors and department heads published a full-page ad Monday demanding the protesters turn over the rector's office at the National Autonomous University, Latin America's largest university campus.

The landmark 1950s rectory building has exterior murals by David Alfaro Siqueiros that do not appear to have been damaged.

Protesters from a university-affiliated high school system broke windows and seized the offices Friday to demand the reinstatement of fellow protesters expelled for previous takeovers.

The masked students say they oppose increased security at satellite campuses and some curriculum chan-

Worries over old building

1950s

Professors and department heads took out an ad demanding the rector's office at the National Autonomous University be turned over. The landmark 1950s rectory building has exterior murals by David Alfaro Siqueiros that do not appear to have been damaged.

A history of takeovers

1999

The National Autonomous University, Latin America's largest university campus, endured months-long student takeovers that shut down the entire campus in 1999.

ges, like English classes.

The university has endured months-long student takeovers that shut down the entire campus in 1999.

THE ASSOCIATED PRESS

Religious grounds used

Egypt suspends prosecutor for citing Qur'an

An Egyptian prosecutor who cited the Qur'an as he ordered police to flog a man with 80 lashes for public drunkenness has been suspended and put under investigation, the prosecutor-general's office said.

Spokesman Mahmoud el-Hefnawi said late Sunday that the country's top prosecutor had ordered Hussein Anani's decision cancelled and a judicial inquiry launched.

The order by Anani comes amid growing fears by some in Egypt that Islamists, emboldened by election wins, are seeking to slowly enshrine a religious system based on conservative interpretations of Islamic law.

President Mohammed Morsi's Muslim Brotherhood group has emerged as the most powerful political force in Egypt since the uprising that ousted longtime autocrat Hosni Mubarak.

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Daring someone to swallow a spoonful of ground cinnamon in 60 seconds without water can cause choking, throat irritation, breathing trouble and even collapsed lungs, a new U.S. medical report says. YOUTUBE/TORSTAR NEWS SERVICE

Doctors warn against cinnamon challenge

Dangerous prank.

Report says 30 teens in U.S. needed medical attention last year after accepting dare

Don't take the cinnamon challenge. That's the advice from doctors in a new report about a dangerous prank depicted in popular YouTube videos but which has led to hospitalizations and a surge in calls to U.S. poison centres.

The fad involves daring someone to swallow a spoonful of ground cinnamon in 60 seconds without water. But the spice is caustic, and trying to

One teen's story

An Ypsilanti, Mich., teen was hospitalized for a collapsed lung after trying the cinnamon challenge.

- Dejah Reed, 16, was hospitalized for four days and still has to use an inhaler when she runs or talks too fast. She never had asthma or breathing problems before.

gulp it down can cause choking, throat irritation, breathing trouble and even collapsed lungs, the report said.

The number of poison control centre calls about teens do-

ing the prank "has increased dramatically," from 51 in 2011 to 222 last year, according to the American Association of Poison Control Centers.

Thousands of YouTube videos depict kids attempting the challenge, resulting in an "orange burst of dragon breath" spewing out of their mouths and sometimes hysterical laughter from friends watching the stunt, said report co-author Dr. Steven E. Lipshultz.

Cinnamon is made from tree bark and contains cellulose fibres that don't easily break down. Animal research suggests that when cinnamon gets into the lungs, it can cause scarring, Lipshultz said.

THE ASSOCIATED PRESS

L.A. Times hacking. Social media journalist says Reuters has fired him

A Reuters deputy social media editor accused of conspiring with hackers to deface a Los Angeles Times story said Monday he was fired.

Federal prosecutors say 26-year-old Matthew Keys provided the hacking group Anonymous with login information to access the computer system of The Tribune Co., the Times' parent company.

According to a federal indictment handed down last month, a hacker identified only as "Sharpie" used information Keys supplied in an Internet chat room and altered a headline on a December 2010 Times story to reference another hacking group.

Tribune also owns a Sacra-

mento television station Keys had been fired from months earlier.

Reuters hired him in 2012 and suspended him from his New York social media job on March 14. Keys tweeted his union would be filing a grievance.

"Just got off the phone. Reuters has fired me, effective today. Our union will be filing a grievance. More soon," he posted.

He elaborated on his Facebook page, saying "contrary to some speculative tweets, Reuters did not state the indictment as their basis for the termination of my employment."

THE ASSOCIATED PRESS

U.A.E. Skimpy swimwear banned at some beaches

Bikinis and briefs are no longer welcome on some sands in the United Arab Emirates.

Ras al-Khaimah, the northernmost emirate in the U.A.E. about 100 kilometres from Dubai, has posted signs on public beaches warning of possible fines for revealing swimwear such as two-piece bikinis for women and brief trunks for men.

The UAE hosts a patchwork of different social mores among its seven semi-autonomous emirates, ranging from conservative to relatively liberal. Dubai, for example,



A woman reads the Quran on a beach in Dubai, United Arab Emirates, as people in bikinis swim at sunset. THE ASSOCIATED PRESS FILE

urges "respectful" attire but rarely objects to outfits such as miniskirts or bikinis.

THE ASSOCIATED PRESS

Twitter

Syrians hack 2 FIFA accounts

Two of FIFA's Twitter accounts were hacked Monday in the latest wave of cyberattacks claimed by Syrian government sympathizers.

A series of corruption allegations were made on the official accounts of FIFA president Sepp Blatter and the World Cup, some linked to 2022 World Cup host Qatar, including one libellous post about the Emir of Qatar.

The Syrian Electronic Army — hackers sympathetic to Syrian President Bashar Assad — recently claimed to have hacked the Twitter accounts of the BBC Arabic service and broadcaster Al-Jazeera. THE ASSOCIATED PRESS

Vietnam

53 king cobras found in car

Vietnamese police say they have seized 53 king cobras from a car in Hanoi and arrested the driver.

The live snakes were taken to a wildlife rescue centre near the capital where they were treated before being released into the wild. King cobras are the world's longest venomous snake, and grow up to 5.5 metres.

The driver told officers he was paid to transport them. Local media reported he was paid under \$50 U.S. THE ASSOCIATED PRESS



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HMV kicks off Vault streaming service

Digital music. For a monthly subscription fee, users can listen to 13 million songs

Amongst rows of vinyl, CDs and DVDs, HMV Canada will try to sell customers on its new online offering, The Vault, starting this week.

"You won't be able to walk by an HMV without seeing all the signage in the stores, our staff will be wearing Vault T-shirts," said Allan Mamaril, the new media senior manager behind The Vault, HMV's online and mobile music streaming service.

Digital music may have once seemed like an enemy of the retailer, which opened up its first Canadian store in 1986, long before the Internet shook up music consumption.

But after years of work and four months of allowing customers access to a beta version, an updated Vault became

Quoted

"There's not a lot of (Canadian) streaming services. I could probably count them on one hand."

Allan Mamaril, the new media senior manager behind The Vault, HMV's online and mobile music streaming service

official on Monday, and HMV wants to tell the millions who walk through its stores annually.

"One thing that The Vault shows," Mamaril said, "is that HMV is willing to move along with innovation."

Mamaril maintains that The Vault is ahead of the curve, not behind. "It's late if we were just launching a digital download store, for sure, because digital downloads have been around forever. But there's not a lot of (Canadian) streaming services," he said. "I could probably count them on one hand."

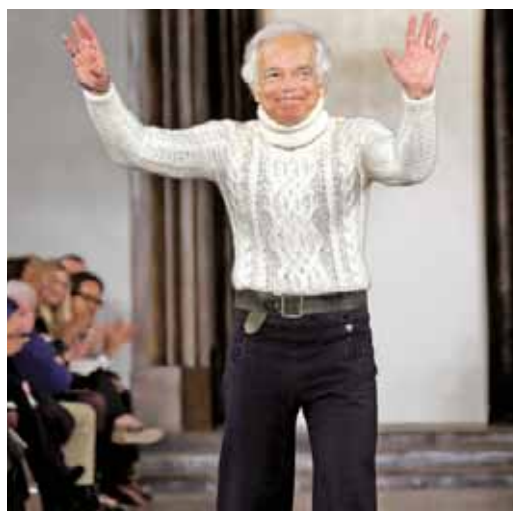
The company's first digital music incarnation, HMV Digital, launched in 2009 as an online MP3 download hub.

The Vault will also offer downloads for a separate fee, but the new streaming subscription (\$4.99 for monthly computer access or \$9.99 for computer and mobile access) means 13 million songs are available without downloading.

"Not everybody will want to consume in that way, absolutely," said HMV Canada president Nick Williams. "Most will still want to consume physically. But at the moment, it seems to make absolute sense to provide that choice."

The Canadian streaming market is underdeveloped compared the U.S. or Europe. But HMV still has competitors, including Songza, which said last fall that it had more than a million Canadian users. There's also Rdio, Xbox Music, CBC Music, Deezer, Slacker and even YouTube.

TORSTAR NEWS SERVICE



Ralph Lauren Corp. settles bribery allegations for \$1.6M

Designer Ralph Lauren acknowledges applause after his Fall 2013 collection was modelled Feb. 14 during Fashion Week in New York City. On Monday, federal authorities said Ralph Lauren Corp. settled allegations by the U.S. Justice Department and Securities and Exchange Commission that bribes were paid to Argentine import officials. The New York-based apparel company agreed to give up more than \$700,000 US of illicit profits and pay an \$882,000 US penalty. The firm promptly reported the violations from 2005 to 2009 after discovering them in 2010, terminated culpable employees and a third-party agent, and shut down its offices and stores in Argentina, officials said.

THE ASSOCIATED PRESS FILE

Germany

Google fined for illegally recording Wi-Fi information

A German data protection agency fined Google Inc. about \$189,200 for illegally recording information from unsecured wireless networks — an amount it acknowledged is "totally inadequate" as a deterrent to the multinational giant.

THE ASSOCIATED PRESS

Market Minute

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Natural gas: \$4.26 US (-15¢)
Dow Jones: 14,567.17 (+19.66)

Tasteless tees

Nike pulls Boston Massacre shirts

Nike Inc. says it has pulled from the market T-shirts emblazoned with the words Boston Massacre in the aftermath of last week's bombing during the Boston Marathon that killed three people and left dozens injured.

The shirts, which featured blood-splattered lettering, were designed for New York Yankees fans.

The Boston Massacre phrase has been used to describe a pivotal late-season sweep by the Yankees of the rival Boston Red Sox in 1978. That season culminated in a World Series championship for the Yankees.

THE ASSOCIATED PRESS

N.Y.C. Lawmaker proposes raising minimum age for tobacco purchases to 21

New York City Council Speaker Christine Quinn is proposing raising the minimum age for tobacco purchases from 18 to 21.

Quinn announced the proposed legislation on Monday and was joined by Health Commissioner Dr. Thomas Farley, other council members and health advocates.

Texas recently attempted to pass legislation changing

the age from 18 to 21 but it failed. Several states have a 19 age limit for the purchase of cigarettes. The Bloomberg administration recently unveiled a plan to keep cigarettes out of sight in stores until an adult customer asks for a pack.

New York City has had a ban on smoking in bars, restaurants and other indoor public spaces for 10 years.

THE ASSOCIATED PRESS



Women smoke while sitting on a Times Square pedestrian island in this file photo. A new proposal would raise the minimum age for tobacco purchases in New York City from 18 to 21. GETTY IMAGES FILE

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NATIONAL FARE? STICK A FORK IN ME

Earlier this month, the Canadian government launched a three-week food-truck initiative in Mexico City (using taxpayer money, of course) to help promote Canadian cuisine abroad. The rationale behind the truck — which sells “poutine a la Mexicana,” among other dishes — is to increase international awareness about our national culinary offerings. According to a spokesperson for Agriculture Canada, only about a third of Mexicans were able to identify a food product that was typically Canadian. Evidently, it's time to ramp up our PR efforts if we want to make Canadian fare world-famous.

From B.C. Pacific salmon to Alberta beef to Quebec tourtière to P.E.I. potatoes, Canada's culinary identity is all over the map. Literally. There's so much more to us than maple syrup, but our regional gastronomical specialties are as disparate as our geography, and this makes it challenging to define a quintessentially Canadian food.



SHE SAYS

Jessica Napier

metronews.ca

Does Canada's favourite sandwich feature peameal bacon or stacks of Montreal smoked meat? Do we prefer to satisfy our sweet tooth with Nanaimo bars, tarte au sucre or Beaver Tails? I bet we couldn't even agree on a national alcoholic beverage: Perhaps it's a three-way tie between Molson Canadian, Newfoundland Screech and the hangover-curing Caesar.

We're a country of such varying tastes and regional delicacies that it's not too surprising to learn that foreigners have trouble identifying a national dish of the Great White North.

Sometimes the best way to figure out what it is you love about your home and native land is to leave.

In London, England, where the Canadian immigrant population is significant and ravenous, tastes of home are sold at a premium. Boxes of Kraft Dinner and Tim Hortons coffee canisters line the shelves at the aptly named Canada Shop in Covent Garden, where homesick Canucks will

happily join a month-long waiting list for a bag of ketchup chips.

Across the city, Canadian expats Amy Baker and Anya Nikoulina recently set up a patriotic poutine cart in Broadway Market and are doing their part to promote the artery-clogging late-night meal across the pond.

“Everyone that approaches the stall has some kind of story about the dish,” says Baker. “They're either a Canadian living abroad, married to a Canadian or had lived in Canada at some point in their life and tried it ... even the apprehensive British customers have gotten on board with the savoury snack.”

Poutine might be making a name for itself beyond our borders, but there's no way one dish could define the entire Canadian culinary scene. In a country as vast and diverse as Canada, local agricultural differences and cultural traditions have made our cuisine confusing but also unique.

It's these regional differences that make our food interesting and delicious.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

It's a horse, of course



NASA/ESA/HUBBLE HERITAGE TEAM

Hubble reveals new Horsehead Nebula

Astronomers have used NASA's Hubble telescope to capture new infrared images of the Horsehead Nebula. The photos mark the 23rd anniversary of the observatory's launch on April 24, 1990. Looking like a horse rising from space foam, the iconic nebula has wowed stargazers ever since its discovery more than 100 years ago. **METRO**



Previous images have been more horse-like but not as detailed.
CHYT/HAWAIIAN STARLIGHT

Horsehead's details exposed by infrared

The rich tapestry of the nebula pops out against the backdrop of Milky Way stars and distant galaxies that are easily seen in infrared light.

The backlit wisps along the nebula's upper ridge are being illuminated by Sigma Orionis, a young five-star system just off the top of the Hubble image. Along the nebula's top ridge, two fledgling stars peek out from their now-exposed nurseries. **METRO**

Clickbait



HANNAH ZITNER

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Voting for 'the Internet's highest honour' closes this week, so if you don't want to see 'cat-friend vs. dog-friend' or 'grand-mas watch Kardashian sex tape' rule the Internet, get voting. Go to webbyawards.com. Some entries not to miss:

Fresh Prince translated:

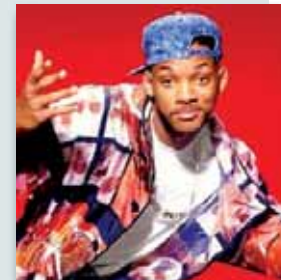
“Cold, apricot, relaxing all cool, shoot some b-ball outside the school...” Sound familiar? It should. Kind of — at least for children of the '90s. CDZA, the music video collective who brought us *The History of Lyrics That Aren't Lyrics*, translates the lyrics of the mind-numbingly catchy *Fresh Prince of Bel-Air* intro 64 times in Google Translate, and then translates it back into English. @cdzmusic

Stanley's invisible piano: Sure, cats playing pianos with their

paws are old hat by now (and Tom Hanks playing with his feet is definitely old hat), but what about a piano that plays itself? Tweet any (well not any, his repertoire at this point is mostly indie) songs to @stanleypiano to hear the invisible piano man play your heart jam.

Kids react to the world:

The tiny humans may not be so different than us after all. These attention-seeking, question-asking kids also don't understand war, don't like potholes and think talking dogs are completely absurd. @thefinebros



Comments

RE: Tributes Pour In After Death Of Rita MacNeil, published April 17

Prayers for Ms. MacNeil and her family. The Mi'kmaq Community sends their spirit of love, courage and peace to her family. She will be greatly missed. Our condolences....<3

Marilyn Francis posted to metronews.ca

I was so heartbroken when I heard of her passing! Last night I watched two full hours of two specials and I

sat there and did not wipe away the tears, but God has another beautiful voice.

Natalie posted to metronews.ca

I loved that in the print version they labelled the above tweets as 'prolific!... Joel Plaskett, Classified, and the guy with the googly glasses from that white trash cable show. Yes how prolific and riveting. Thanks Classified, now she's really been honoured. Maybe next Bieber can try to claim her as a believer. You can't make this stuff up.

An anonymous reader posted on metronews.ca

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DVD reviews



Gangster Squad

Director. Ruben Fleischer

Stars. Josh Brolin, Ryan Gosling, Giovanni Ribisi, Michael Peña, Sean Penn and Emma Stone

Josh Brolin and his fellow Gangster Squad antiheroes have their work cut out for them fighting Mickey Cohen, the 1940s mobster psychopath Sean Penn plays with visceral glee. But Brolin's Sgt. John O'Mara and his fellow LAPD hard nuts — played by Ryan Gosling, Giovanni Ribisi, Anthony Mackie, Michael Peña and Robert Patrick — are after the wrong villain(s). Better they should be looking for the heinous computer boffins who turned this from film noir homage into a lurid cartoon, something that seeks the drama of The Untouchables and L.A. Confidential but instead apes the empty theatrics of Dick Tracy. **PETER HOWELL**



Chicago rock outfit Fall Out Boy Pete Wentz, left, Joe Trohman, Patrick Stump and Andy Hurley in New York. PHOTO BY DAN HALLMAN/INVISION/AP

Oh Boy! Elton John helps Save Rock and Roll

Fall Out Boy's latest release. English legend joins Chicago rockers on new album along with some other famous faces

When Fall Out Boy learned that Elton John was a fan of their music, they jokingly thought he might want to record with them. As it turned out, he did.

"We were nearly done with the album," lead singer Patrick Stump said in a recent interview. "I think we were mixing at that point, but he said, 'Yes' and we were like, 'Oh, wow. OK, yes.'"

The Chicago-based rockers halted the mixing process of their fifth album — their first in five years — and Stump flew to Atlanta to record with the veteran rocker.

John is featured on the title track of Save Rock and Roll,

released last week. Band members say the title of the album is "tongue-in-cheek," but they're also serious about their choice of words.

"It hits on ... 'Why are we the only ones that are saying this?'" said frontman and bassist Pete Wentz. "But at the same time, it's kind of a joke. But if it means something to you, then it's not really that much of a joke."

Stump said John's inclusion on the title track really drives home their point. "He actually spoke up for the album's title. He came in and was like, 'Love the album title. Love where this is going. This is great,'" Stump said. "And that was really special for us to have him support us like that."

Just before the John-featuring tune plays on the 11-track set, there's the song "Rat a Tat," featuring Courtney Love.

"We've had a couple different run-ins just over the years, you know, just ones where you're like, 'I had 17 drinks last

night and I ran into Courtney Love,'" Wentz recalled with a laugh.

"It's important for girls to understand that they don't need to just be coat hangers for boys, it's not all about being groupies," he said. "So we thought it would be important to have an iconic female voice on the album, and Courtney screams rock 'n' roll."

Fall Out Boy released their debut album in 2003. They are known for their alternative punk rock sound and Top 10 pop hits including This Ain't a Scene, It's an Arms Race, Dance, Dance and Sugar, We're Goin' Down. The album's first single, My Songs Know What You Did in the Dark (Light Em Up), is a Top 40 hit that was remixed by 2 Chainz, who stars in the song's music video.

"We're big, big 2 Chainz fans," Wentz said of the ubiquitous rapper. Added guitarist Joe Trohman: "He works hard." 2 Chainz and rapper Big Sean's appearances balance the rock

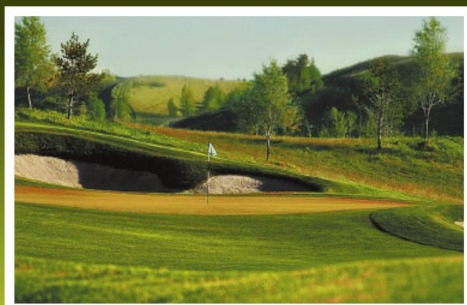
heavyweights on Save Rock and Roll, which the band will promote on a U.S. tour that kicks off May 14 in Milwaukee. (They'll also hit the road internationally this summer and will return to the U.S. for a fall tour.)

A year after releasing 2008's Folie a Deux, the foursome, which includes drummer Andy Hurley, took a break from recording together. There was speculation the group had split up. "No, we never broke up," Trohman said. Wentz quickly jumped in, saying: "No, but I think that it's like, I don't know. ... When we were taking time off and it was like ... we could be back in 20 years or maybe we won't ever come back. I think that was the great thing about how we took time off and it kind of allowed it to be healthier that it didn't put a return date on it."

"It wasn't like we were a library book being checked out," Wentz added.

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Comedian Louis C.K. THE CANADIAN PRESS/HANDOUT

Wait, cellphones were how big? Don't make me laugh

Comic timing. Too young to get jokes about Walkmans or Dan Quayle? JFL has an app for that

Just For Laughs wants to make sure everyone is in on the joke when its 30th anniversary special hits the airwaves.

People tuning in to Just For Laughs 30th Anniversary: 30/30 Hindsight can download a special app loaded with fun facts so people aren't left scratching their head when the funny folk start mocking such things as cellphones the size of a brick.

"We've created basically a cheat sheet for viewers," says Bruce Hills, the comedy festival's chief operating officer. The show will air on CBC Tuesday.

The festival's not judging — the site where the app can be found just notes that some people may be too young to get the joke right away or were possibly a little too pre-occupied with other things, like sleeping through history class, to get the reference.

"If someone's in their teens and they hear a bit about Dan Quayle, they can go to the mobile app and find out who Dan Quayle is," Hills says. "You hit it, you can find out who (Ronald) Reagan is, you can find out what a Walkman was or whatever we're referring to. It's done with a sense of humour."

Hills admits he finds it a bit mind-boggling when he looks at footage of past festivals and thinks of the stars who have appeared, including John Candy, Jerry Seinfeld and the Muppets.

The two-hour clip show, hosted by George Stroum-

bouloupoulos, also features quips by comics including Chris Rock, Ray Romano, Jon Stewart, Rick Mercer, Wanda Sykes, Lewis Black, Russell Peters, Louis C.K., Drew Carey, Denis Leary and Shaun Majumder. There's also a nod at the end to the biggest festival acts.

The themes tackled include Canadian and U.S. politics, racism, the environment, technology and gay rights.

"There were just so many subjects where we found such rich material from the comics who came to our festival," Hills says.

He said he was amazed, for example, when he listened to riffs on the first Gulf War and the war in Iraq. Hills said that if one closed one's eyes, it was hard to tell which war the comedians were talking about.

"For all intents and pur-

Look back and laugh

Just For Laughs 30th Anniversary: 30/30 Hindsight differs from the festival's previous anniversary shows, which in some cases were more of a behind-the-scenes look at the festival itself.

- One of the earliest bits, from 1985, features a young Richard Belzer, known to many TV viewers as Det.-Sgt. John Munch on *Law & Order: Special Victims Unit*.
- There's also an appearance by a fresh-faced Jimmy Fallon in the mid-1990s. Fallon has just been named to replace Jay Leno as host of *The Tonight Show*.

poses, there was a Bush involved in both," he says.

THE CANADIAN PRESS



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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Lacking the X-Factor – Host Kardashian gets the boot



THE WORD
Dorothy Robinson
scene@metronews.ca

A watchable reality TV star does not a good host make.

Khloe Kardashian has been booted off Fox's *The X Factor*, while her co-host Mario Lopez will remain for the third season.

"Khloe Kardashian will not be returning to co-host *The X Factor*," the show's producers said in a statement. "We really enjoyed working with her and wish her all the best in her future endeavors." (Translation: One, big, long fart noise.)

Lopez will join returning judges Simon Cowell and Demi Lovato, with at least one more judge yet to be announced. "I'm thrilled Mario is back for season three of *The X Factor*," said Cowell in a statement.

Mario Lopez, you sly, well-oiled, muscular fox. Who would have thought the dude who made sitting backwards in a chair popular would be the most successful graduate of *Saved By The Bell*?



Reese Witherspoon. ALL IMAGES GETTY

Witherspoon embarrassed after recent run in with law

With the mugshot (above) from her arrest in Atlanta for disorderly conduct making the rounds, Reese Witherspoon is speaking out about the headline-making incident.

"I do want to say I clearly had one drink too many and I am deeply embarrassed about the things I said. I was frightened for my husband, but that is no excuse. I was

disrespectful to the officer who was just doing his job. I have nothing but respect for the police and I'm very sorry for my behaviour."

Witherspoon reportedly got into an argument with an officer after husband Jim Toth was pulled over on suspicion of driving while intoxicated. Both were arrested and briefly jailed.



Justin Bieber

Are Bieber and Gomez are back on?

Justin Bieber seems to want to say something about the state of his relationship with ex-girlfriend Selena Gomez. After Gomez met up with him in Norway this weekend, Bieber posted a cosy photo of the pair on Instagram — then promptly deleted it. In the short-lived snap, Gomez is seen nuzzling up to a sleepy-eyed Bieber. Sources say that after rendezvousing in Oslo, Gomez tagged along with Bieber to Copenhagen for his next tour stop.



Twitter



@otiviawilde

The only thing I resent twitter for is ruining the word "twitterpated" which *was* a solid go-to in my daily dialogue.



@SarahKSilverman

Dear House of Representatives, Who exactly are you representing?



@jason_mraz

Just invited friends over for dinner but forgot to add, "Friday." Apologies to those who came over to a dark house.

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Are you a sugar addict?

Quiz. Dr. Joel Fuhrman, best selling author of *The End of Diabetes*, puts you to the test and helps you figure out if you're running on a sugar high

ROMINA MCGUINNNESS
life@metronews.ca

Do you shake, sob or shout if you run out of peanut butter M&Ms and the shops are shut for the day? According to nutritional researcher Dr. Joel Fuhrman, sugar addiction is just as serious as being hooked on cocaine.

"Low-nutrient foods rich in sugar, oils, white flour and salt have similar biochemical effects in the brain as addictive drugs," he tells Metro. "Because they tend to be especially palatable, these foods activate reward pathways in the brain and produce toxic withdrawal symptoms often misinterpreted as hunger, driving us to eat even more."

But unlike drugs, sugar is legal and inexpensive, he warns.

1. Breakfast is:

- A** Fruits, nuts, vegetables or a whole grain product.
- B** Unsweetened cereal with soy or almond milk.
- C** Conventional, sweetened cereal with cow's milk.
- D** A donut and a cup of coffee with sugar.

2. Throughout the day you drink:

- A** Water or herbal tea
- B** Coffee or tea, plain with no sweetener.
- C** Diet soda
- D** Sugary soda, coffee or tea

3. Mid-afternoon, you feel:

- A** Energetic, as always.
- B** A little sluggish ... but you can still function productively.
- C** Slow. You reach for a cup of coffee or a diet soda in order to make it to the end of the day.
- D** Burned-out. You can't focus until you've had a chocolate



bar and a can of full fat coke.

4. You're eating a sugary dessert ... you feel:

- A** It's just not worth eating such junk.
- B** Enjoyment.
- C** A little happier.
- D** Euphoric. The moment it passes your lips, all your problems seem to dissolve.

5. Fresh fruit is:

- A** Wonderfully sweet and delicious. You eat your five-a-day.
- B** Tasty. You have at least one piece of fruit every day
- C** OK, but you'd rather have apple pie than an apple.
- D** Completely unappealing. You're more into cupcakes.

6. After one last bite of your favourite chocolate fudge brownie ... You:

- A** I do not eat sugary foods.
- B** Feel satisfied But then you move on with your day.
- C** Are tempted to eat more, but force yourself to stop.
- D** Completely lose control and whoops, there goes the whole tray. Now you feel super guilty.

7. Whoa sugar craving. How do you cope?

- A** This rarely happens, but when it does, you get on with your day, knowing that it will pass.
- B** Remind yourself that the food is not bringing you closer to your goal of excellent health, and eat a piece of fruit instead.

Results

0-12 points. You're a health-conscious abstainer. You're aware of the dangers and addictive nature of sugar, so you don't include it in your diet. Instead, you choose to curb your cravings with things like fresh fruit.

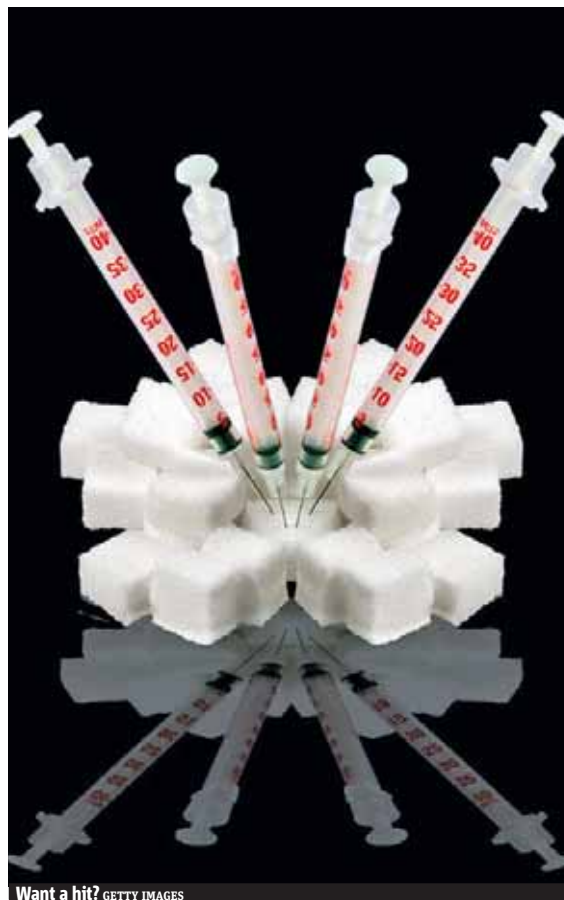
13-27 points. There's some room for improvement in the nutrient density of your diet, but you do limit your sugar intake. Because you try and avoid eating

too sweet, you don't often experience the addictive drives associated with these foods.

28-43 points. You're not dangerously addicted yet, but probably on your way. You're accustomed to excessively sweet tastes and frequently feel the drive to over consume sugar-laden foods. You rely heavily on your willpower to limit your portions. But even a little bit of sugar

can cause your brain to demand more, and addictive drives usually overcome willpower.

44-55 points. Sorry, but you're addicted and you're probably aware that your need for sugar is harming your health. But you feel helpless and so far, have been unable to break the habit. Bad habits can be broken and your health will be restored.



Want a hit? GETTY IMAGES



- C** Find another sugary alternative in the house to quell the craving.
- D** Go out and buy whatever it is you're craving, because you can't think about anything else.

8. It's been a long, hard day ... so you:

- A** Get some exercise and try to relax.
- B** Space out in front of the TV, with a stiff drink.
- C** Allow yourself one slice of cake, or one piece of candy.
- D** Binge out on ice cream

The tip

How to overcome your addiction to sugar

"However daunting this task may seem, the only way to break an addiction is to abstain," says Dr. Fuhrman. "You, not your cravings, are in charge of your health. When you stop exposing yourself to junk food, you may initially feel sick as the body attempts to repair the damage done by your previous diet. So yes, you may feel worse before you feel better. But over time the desire will fade away."

ROMINA MCGUINNNESS/MWN



and candy.

9. If you go without sugar for a few days, you feel:

- A** No different. You rarely eat sugar.
- B** Brighter and more energetic.
- C** Tired and your head hurts.
- D** Weak and anxious. You also suffer from significant headaches and fatigue.

10. The idea of giving up sugar sounds:

- A** Easy, since you almost never eat it anyway.
- B** Like a healthy thing to do. But you want to have sugary foods occasionally.
- C** Good, but you don't think it's possible.
- D** Scary. Sugary foods are your comfort during times of emotional distress.

11. The feelings you perceive as hunger are:

- A** A drawing sensation in the throat, but it's not very uncomfortable.
- B** A grumbling stomach.
- C** Light-headedness and headaches.
- D** Headaches accompanied with anxiety, and the inability to concentrate.

Add up your score:
0 points for each "a"
2 points for each "b"
3 points for each "c"
5 points for each "d"

Best Health

8 ways life is better when you're fit



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

We all know exercise will help us live longer, be happier and sleep better. That should be motivation enough to be more active, but the little everyday bonuses are strong incentives, too. Here are eight ways that life is better when you're fit.

Look good

You can slip on that sundress or tank top knowing that your "bat wings" are a thing of the past.

Live good

You no longer miss the bus and you can run that block to catch it.

Feel good

You have the energy to keep up with your kids.



Live happy. ISTOCK PHOTOS

Keep running

No more standing on crowded escalators, you're the one nipping smartly up the stairs.

So fresh, so clean

Your complexion is smoother and fresher-looking — for free.

Live strong

Since your core muscles are stronger, you don't have to hang onto the pole on the bus or subway.

Fun in the sun

You actually look forward to the "beach" part of a beach vacation.

Guilt-free living

You've got more muscle, so you burn calories faster — allowing for guilt-free desserts.

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Drescher dedicated to the cause



Fran Drescher is helping raise cancer awareness issues. HANDOUT

Health issues. The actress is lending her support to the Carcinogen-Free Label Act, being debated in U.S. right now

Fran Drescher's commitment to eradicating cancer is a personal one. After a series of misdiagnoses, Drescher was diagnosed with uterine cancer in 2000.

In 2002, she wrote Cancer Schmancer about her experiences and met many women who told her that her journey mirrored their own. Inspired, Drescher started the Cancer Schmancer movement and

No more tears

"At the end of the day, consumerism and purchasing power is all you need."

Fran Drescher
Speaking about how her NGO was able to force Johnson & Johnson to change their ways.

Cancer Schmancer Foundation to advocate prevention methods and early detection.

One of her prevention programs is Trash Cancer, which offers guidance on living a toxic-free lifestyle, starting in the home.

Through Trash Cancer, Drescher is also lending support to the Carcinogen-Free Label Act, a bipartisan bill introduced to Congress that seeks to create a label similar to the "organic" label.

"We were one of the NGOs that put pressure on Johnson & Johnson. They are an enormous company, and once everyone caught wind of the fact that the No More Tears shampoo is loaded with formaldehyde, they changed their formula. It does work. At the end of the day, consumerism and purchasing power is all you need," Drescher said.

"The place we spend the most time in is our home, and that's the place that we have the most control over. Rather than feeling scared as we see cancer closing in around us, why not do something about it?" **METRO WORLD NEWS**

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Long live the bean: Favas give burgers their best

If you buy fresh fava beans, you'll need to peel and cook them. To do this, remove the beans from the pods and cook in boiling salted water until just tender. Depending on the size of the bean, this should take 2 to 8 minutes. Drain and transfer to a bowl of ice water. When cool, slip the skins off the beans and proceed with the recipe. Some grocers also sell fresh or frozen peeled favas. If you can't find favas, substitute frozen lima beans.

1. In a large skillet over medium, heat 1 tablespoon of the oil. Reduce the heat to medium low, add the onion and cook until soft-



This recipe serves 4 and takes one hour from start to finish.

THE ASSOCIATED PRESS

Ingredients

- 4 tbsp extra-virgin olive oil, divided
- 1/2 cup finely chopped yellow onion
- 1 1/2 tsp minced garlic, divided
- 3/4 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp hot smoked paprika or cayenne pepper
- 1 3/4 cups shelled peeled fresh fava beans or frozen lima beans (thawed)
- 1 large egg, lightly beaten
- 2 tbsp tahini (stir well before measuring)
- Kosher salt and ground black pepper
- 1 cup plain non-fat Greek yogurt
- 4-inch slice seedless cucumber, coarsely grated (about 1/2 cup, packed)
- 3/4 cup panko breadcrumbs

ened, about 5 minutes. Add 1 teaspoon of the garlic, the cumin, coriander and paprika, then cook for 1 minute, stirring. Transfer to a medium bowl.

2. In a food processor, pulse the fava beans just until they are coarsely chopped. Transfer 1/2 cup of the chopped favas to the onion mixture.

3. To the food processor, add the egg, tahini, 1/2 teaspoon of salt and pepper to taste. Process the mixture until finely ground, then stir it into the onion mixture. Cover the mixture and chill it for 30 minutes.

4. While the mixture is chilling, in a small bowl combine the yogurt, the remaining 1/2 teaspoon garlic, the cucumber and salt to

taste. Set aside.

5. Shape the chilled falafel mixture into 4 patties (the mixture will be loose). Spread the panko on a sheet of parchment paper and dip the patties into the crumbs to coat on all sides.

6. In a large nonstick skillet over medium, heat 1 1/2 tablespoons of the remaining oil. Add the falafel patties and cook until crisp and golden on one side, about 3 minutes. Add the remaining 1 1/2 tablespoons of oil and turn the patties; cook for another 3 minutes, or until crisp and golden.

7. To serve, transfer the patties to serving plates and top with yogurt sauce.

THE ASSOCIATED PRESS

Health Solutions

There's no 'P' in asparagus?

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Let's just get that asparagus pee myth off the table. Ewww. It was once thought that the strong, ubiquitous urine scent was only produced by some. In fact, it is produced by all of us but about 22 per cent can't detect the smell. The only way to test is to let someone else come into the loo if you can't smell it. Now that's spring fun — nutritionist style!

Asparagus is a fast growing shoot that delivers Vitamin K, Vitamin A and folate.

The typical way of cooking asparagus is to snip off the woody ends and poach for a few minutes, pulling them out before they become grey or mushy. But here are a few more ideas:

- Roast on a pan in the oven at 425 F for 15 minutes, sprinkle with sea salt

- Chop and add to soups for the last 5 minutes

- Chop and steam, sauté in chicken broth for 5 minutes covered

- Wrap in prosciutto and bake at 350 for 15 minutes

- Poached, cooled and served with a curry yogurt dip



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Trying to impress someone special with a tony dinner but need an etiquette polish first? Metro's very own Charles the Butler — Charles MacPherson — is out with a new book, *The Butler Speaks*, offering a return to proper manners, stylish entertaining and good housekeeping. Here is his refresher on how to properly set a table.

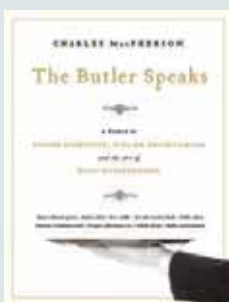
Setting the standard in etiquette



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

The Butler Speaks

This excerpt from *The Butler Speaks* is courtesy of Appetite by Random House, randomhouse.ca. It is available in bookstores nationwide starting today.



On the web

Think you are as entertaining and manners-savvy as Charles the Butler? Visit metronews.ca to take our quiz.



Below, I include four different styles of place setting. Each is subtly different from the next. Interestingly, most cultures eat using utensils, and most also begin with utensils on the outside of a place setting, working inward towards the plate.

The American place setting

In this setting, the glasses form a diamond shape above the cutlery, with the first glass placed directly above the main course knife (inside, right). The dessert spoon and the fork are at the top of the plate, and above them is the place card. Guests use the cutlery from the outside moving in. This place setting starts with a soup course (spoon, outside right), moves on to a salad (fork, outside left), a fish course (middle fork and knife) and a meat course (inside fork and knife).



The European place setting

In this setting, the glasses are placed on a diagonal on the right of the plate. Individual salt and pepper shakers are placed above the plate. The spoon (outside, right) is for the first course, soup. The next fork and knife are for the second course (fish), and the final inside set is for the main meat course. The fork closest to the plate is for salad, which in this meal will be served last. Cutlery for dessert will be offered later. Sometimes it is placed closest to the plate, though not in this drawing.



The Chinese place setting

In China, there is no standard for formal place settings at tables as is common practice in the Western world. In fact, the focus is on the food rather than the place setting. The diagram shows a typical place setting, but it can easily be changed to suit your needs without making any errors of etiquette.



The French place setting

Traditionally, the French place setting in a residence does not include a bread and butter plate, or a knife for the salad course. And although the cutlery is laid out the same way as in American and British settings, the forks and spoons are turned over. The reason? French family monograms are engraved on the back of the cutlery, so it's placed face down to show that it's real silver.



Young Canadian with no job? You're not alone



YOUR MONEY
Alison Griffiths
money@metronews.ca

I'm not an employment expert but I'm becoming one, especially for young workers. As my daughter attempts to find full-time work after graduating with a two-year culinary degree from George Brown College in Toronto, I am seeing first hand the difficulty of getting that first foot in the door.

This is the time of year

when young people are transitioning from school and according to the Certified General Accountants (CGA) of Canada this is one of the toughest times in our working lives.

On the plus side, a recent CGA report, based on 2011 data, discovered that close to half found work within four weeks and the average length of time that youth (under age 24) were unemployed was 11 weeks. Surprisingly, that figure is actually below the length of time experienced by young workers 25 to 29.

Also, young workers are twice as likely to suffer from long-term unemployment of a year or more.

These figures could be explained by the fact that the youngest job hunters have less post-secondary education and are in the lower paying jobs in the retail and service sector.

Many are blaming the boomers (and I'm one of them) for crowding out all those youngsters. The post-war generation is supposedly working longer or going back to work and keeping youth from getting in the door.

But according to the CGA report it isn't so. There are only two areas where younger and older workers are competing — sales and service and clerical occupations.

Clearly, if you are young and hoping to find a less crowded field, areas such as health services, applied sciences and computer and information systems may offer the highest chance of success.

While the CGA report shows a rosier picture for young workers and pokes at a few myths about old farts keeping the millennial gener-

ation from jobs, there are still concerns. One in particular is the high rate of under-employ-

ment for those young workers with university or equivalent degrees.

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Ducks clinch Southwest in Edmonton

Anaheim Duck Matt Beleskey is stopped by Oilers goalie Nikolai Khabibulin in the first period on Monday night in Edmonton. The Oilers couldn't play spoiler as the Ducks clinched the Southwest Division title with a 3-0 victory. JASON FRANSON/THE CANADIAN PRESS

Wings win, but might need to run the table



Red Wings goalie Jimmy Howard stops a shot by Coyotes winger Rob Klinkhammer on Monday in Detroit. THE ASSOCIATED PRESS

NHL. Detroit still a point behind Columbus in bid to make it 22 straight years of playoff hockey

The Detroit Red Wings' push to make the playoffs got a boost with two desperately needed points.

Johan Franzen scored twice and Jimmy Howard had 34 saves to help Detroit beat the Phoenix Coyotes 4-0 Monday night in a matchup of two teams in a logjam for the final

two spots in the Western Conference playoffs.

The Red Wings moved within a point of eighth-place Columbus in the conference. They're hoping to finish the last three games of the regular season strong enough to extend the franchise's post-season streak to 22 years — the first without Steve Yzerman or Nicklas Lidstrom as a captain.

"Of course, taking over the captaincy, it means a lot to me for this team to do well," said Henrik Zetterberg, who had three assists. "We've been doing good the past 21 seasons

and we want to keep that going."

Detroit had won only one of its previous six, picking up a precious point in three shoot-out losses during the slump.

"This was a huge game for us, where we are in the standings and coming off a disappointing road trip," Howard said. "We have our work cut out for us. One down and now three to go."

The Red Wings close the regular season at home against the Los Angeles Kings, Nashville and at Dallas.

THE ASSOCIATED PRESS

NHL

Penguins' win in Ottawa keeps Jets' playoff hopes alive

Tomas Vokoun made 34 saves and Dustin Jeffrey had a goal and an assist to lead the Pittsburgh Penguins to their seventh straight victory, 3-1 over the Ottawa Senators on Monday night.

Jarome Iginla and Tyler Kennedy also scored, and Brenden Morrow had two assists for the Penguins, who have already clinched first place in the Eastern Conference. Matt Cooke added an assist in his first game against Ottawa since his skate blade sliced the Achilles tendon of Senators defenceman Erik Karlsson on Feb. 13.

Patrick Wiercioch scored and Craig Anderson stopped 21 shots for the Senators, who didn't get any help when Winnipeg beat Buffalo 2-1. The Jets now trail the Senators and New York Rangers by just a single point for the final playoff spot in the conference. Both the seventh-place Rangers and eighth-place Senators have a game in hand on Winnipeg.

THE CANADIAN PRESS



Penguin Tyler Kennedy, left, celebrates with teammates Brandon Sutter and Matt Cooke on Monday night in Ottawa. THE CANADIAN PRESS

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Orioles ground Jays in ninth inning

MLB. Defensive troubles get in the way as Toronto drops series opener to division rival in Baltimore

Nick Markakis singled home the winning run with two outs in the bottom of the ninth inning, giving the Baltimore Orioles a 2-1 victory over the Toronto Blue Jays on Monday night.

Toronto reliever Aaron Loup (1-2) began the ninth by hitting Chris Davis with a pitch. After a sacrifice bunt, Steve Pearce popped out and Nolan Reimold received an intentional walk before Alexi Casilla reached on a throwing error by shortstop Munenori Kawasaki that loaded the bases.

Markakis then sliced an 0-2 pitch to the opposite field near the left-field line.



The Orioles' Manny Machado scores on a sacrifice fly past Blue Jays catcher J.P. Arencibia on Monday in Baltimore. ROB CARR/GETTY IMAGES

Jim Johnson (1-1) worked a perfect ninth for the Orioles, now 5-2 on a nine-game home-stand that ends Wednesday.

Toronto starter J.A. Happ allowed one run and four hits in six-plus innings, walking two and striking out six.

Not be outdone, Orioles starter Chris Tillman gave up one run, four hits and three walks in 6 2/3 innings.

The game was scoreless until the bottom of the sixth.

Davis hit a sacrifice fly to right that brought home Manny Machado, whose liner to centre eluded the glove of a diving Colby Rasmus for a single earlier in the inning.

The Blue Jays answered in the seventh. Edwin Encarnacion ended an 0-for-16 skid with Toronto's second hit and scored when Rasmus bounced an RBI single through the right side to chase Tillman.

THE ASSOCIATED PRESS



Bulls dish out heavy dose of 'D' to draw even with Nets

Chicago centre Joakim Noah guards Brook Lopez of the Nets during an NBA Eastern Conference quarter-final game on Monday night in Brooklyn. The Bulls won 90-82 while holding the Nets to 35.4 per cent shooting to tie the series at a game apiece. BRUCE BENNETT/GETTY IMAGES

Raptors wrap-up

Colangelo talks coach, playoffs

Heading into an off-season of uncertainty, Bryan Colangelo said he was certain of two things: The Toronto Raptors will make a run for the playoffs next season, and if he's back as general manager Dwane Casey will remain his head coach.

Colangelo and Casey met with the media Monday, a few days after the Raptors (34-48) wrapped up their fifth consecutive season without a playoff appearance.

"I will take that squarely on my shoulders and say that is the new expectation going into next year," Colangelo said on the playoffs.

Colangelo doesn't have a deal for next season, with the club holding an option on what would be his eighth year.

The GM said he believes his contract situation will be "resolved" within the next two or three weeks.

And if he returns, he said Casey will be back as well. THE CANADIAN PRESS

NBA	
NBA PLAYOFFS	
FIRST ROUND (Best-of-7 series)	
EASTERN CONFERENCE	
MIAMI (1) VS MILWAUKEE (8) (Miami leads 1-0) Sunday's result Miami 110 Milwaukee 87 Tuesday's game Milwaukee at Miami, 7:30 p.m.	
NEW YORK (2) VS BOSTON (7) (New York leads 1-0) Tuesday's game Boston at New York, 8 p.m.	
INDIANA (3) VS ATLANTA (6) (Indiana leads 1-0) Sunday's result Indiana 107 Atlanta 90 Wednesday's game Atlanta at Indiana, 7:30 p.m.	
BROOKLYN (4) VS CHICAGO (5) (Series tied 1-1) Monday's result Chicago 90 Brooklyn 82	
WESTERN CONFERENCE	
OKLAHOMA CITY (1) VS HOUSTON (8) (Oklahoma City leads 1-0) Sunday's result Oklahoma City 120 Houston 91 Wednesday's game Houston at Oklahoma City, 7 p.m.	
SAN ANTONIO (1) VS L.A. LAKERS (7) (San Antonio leads 1-0) Sunday's result San Antonio 91 L.A. Lakers 79 Wednesday's game L.A. Lakers at San Antonio, 9:30 p.m.	
DENVER (3) VS GOLDEN STATE (6) (Denver leads series 1-0) Saturday's result Denver 97 Golden State 95 Tuesday's game Golden State at Denver, 10:30 p.m.	
L.A. CLIPPERS (4) VS MEMPHIS (5) (L.A. Clippers leads 1-0) Monday's result Memphis at L.A. Clippers	

NHL	
EASTERN CONFERENCE	
dx-Pittsburgh	45 35 10 0 0 153 109 70
dx-Boston	44 27 12 2 3 123 97 59
d-Washington	45 25 18 2 0 140 123 52
x-Montreal	45 27 13 3 2 139 120 59
x-Toronto	45 25 15 0 5 138 124 55
NY Islanders	45 24 16 4 1 134 131 53
NY Rangers	45 24 17 0 4 120 106 52
Ottawa	45 23 16 2 4 109 99 52
Winnipeg	46 24 19 0 3 123 135 51
New Jersey	45 17 18 3 7 106 121 44
Buffalo	46 19 21 2 4 119 140 44
Philadelphia	45 20 22 1 2 124 137 43
Carolina	45 18 24 2 1 118 145 39
Tampa Bay	45 17 24 1 3 140 141 38
Florida	45 13 26 5 1 104 162 32
WESTERN CONFERENCE	
dx-Chicago	44 34 5 0 5 146 94 73
dx-Anaheim	46 29 11 3 3 134 112 64
dx-Vancouver	45 25 13 1 6 121 110 57
x-Los Angeles	45 26 14 1 4 128 111 57
San Jose	45 24 14 3 4 118 109 55
St. Louis	45 26 17 1 1 119 112 54
Minnesota	45 24 18 1 2 116 119 51
Columbus	46 22 17 3 4 114 117 51
Detroit	45 21 16 3 5 113 112 50
Dallas	45 22 19 3 1 127 133 48
Phoenix	45 19 18 3 5 114 122 46
Calgary	45 19 22 1 3 123 149 42
Edmonton	45 17 21 4 3 111 127 41
Nashville	45 15 21 3 6 104 128 39
Colorado	45 15 23 5 2 109 142 37
x - clinched playoff berth; y - division; z - conference.	
Monday's results	
Winnipeg 2 Buffalo 1	
Pittsburgh 3 Ottawa 1	
Detroit 4 Phoenix 0	
Anaheim 3 Edmonton 0	
Chicago at Vancouver	
Sunday's results	
Anaheim 3 Edmonton 1	
Calgary 4 Minnesota 1	
Columbus 4 San Jose 3	
Carolina 3 Tampa Bay 2	
Colorado 5 St. Louis 3	
Los Angeles 4 Dallas 3 (OT)	
NY Rangers 4 New Jersey 1	
Boston 3 Florida 0	

MLB	
AMERICAN LEAGUE	
EAST DIVISION	
Boston	13 6 .684 —
Baltimore	11 8 .579 2
New York	10 8 .556 2½
Tampa Bay	9 10 .474 4
Toronto	8 12 .400 5½
CENTRAL DIVISION	
Kansas City	10 7 .588 —
Minnesota	8 7 .533 1½
Detroit	9 9 .500 2½
Cleveland	8 10 .444 3½
Chicago	7 12 .368 4
WEST DIVISION	
Texas	12 6 .667 —
Oakland	12 8 .600 1
Los Angeles	7 10 .412 4½
Seattle	8 13 .381 5½
Houston	5 14 .263 7½
Monday's results	
Baltimore 2 Toronto 1	
Tampa Bay 5 N.Y. Yankees 1	
Boston 9 Oakland 6	
Seattle 7 Houston 1	
Cleveland 3 Chicago White Sox 2	
Texas at L.A. Angels	
Sunday's results	
Toronto 8 N.Y. Yankees 4	
Minnesota 5 Chicago White Sox 3	
L.A. Angels 4 Detroit 3 (13 inn.)	
Kansas City 4 Boston 2	
Kansas City 5 Boston 4 (10 inn.)	
Texas 11 Seattle 3	
Tampa Bay 8 Oakland 1	
Cleveland 5 Houston 4	
L.A. Dodgers 7 Baltimore 4	
NATIONAL LEAGUE	
Monday's results	
Philadelphia 3 Pittsburgh 2	
St. Louis 3 Washington 2	
Cincinnati 5 Chicago Cubs 4 (13 inn.)	
Miami at Minnesota, ppd., rain	
Atlanta at Colorado, ppd., snow	
Milwaukee at San Diego	
Arizona at San Francisco	

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Horoscopes

♈ Aries

March 21 - April 20

You don't have to be perfect and you certainly don't have to live up to standards that other people set for you. The message of the stars this week is to be yourself.

♉ Taurus

April 21 - May 21

You'll be in an impulsive mood today, both in your personal life and at work, but is that such a bad thing?

♊ Gemini

May 22 - June 21

You may now be wondering if some of the plans you made earlier in the year were a bit optimistic. If so there is no need to criticize yourself for it, all you have to do is change them slightly. Much is still possible.

♋ Cancer

June 22 - July 23

There is something you are desperate to say, something that has been nagging away at you for ages. Then say it and get it over with. Yes, you may well antagonize a few people but that's their fault not yours.

♌ Leo

July 24 - Aug. 23

The Sun in Taurus brings out the cautious side of your nature, especially at work where you may be reluctant to say or do things that could rock the boat. It's a wise choice: the seas are a bit choppy at the moment.

♍ Virgo

Aug. 24 - Sept. 23

Fact and fantasy are not so far apart that you can't find ways to link them. If you are creative by nature – and most Virgos are – use your imagination to envision a new future for yourself – then make it happen.

♎ Libra

Sept. 24 - Oct. 23

You may want to heal a rift of some kind but if you try to be nice your rivals will see it as a sign of weakness and redouble their efforts to make you look bad. Some rifts are meant to be.

♏ Scorpio

Oct. 24 - Nov. 22

It may be tempting to keep your head down and stay off the radar this week but if you take that route you will miss an opportunity to change your environment for the better. You can't opt out of life.

♐ Sagittarius

Nov. 23 - Dec. 21

No doubt your head is full of wonderful ideas but make sure they are grounded in reality. Optimism is a wonderful thing but too much of the stuff can have negative consequences.

♑ Capricorn

Dec. 22 - Jan. 20

What you need to recognize is that different people have different personalities and therefore different ways of doing things.

♒ Aquarius

Jan. 21 - Feb. 19

The next few days are going to be challenging but that's okay because you will come out of it stronger and wiser. Thursday's eclipse will bring a work-related matter to a head. Promise yourself you'll stay calm.

♓ Pisces

Feb. 20 - March 20

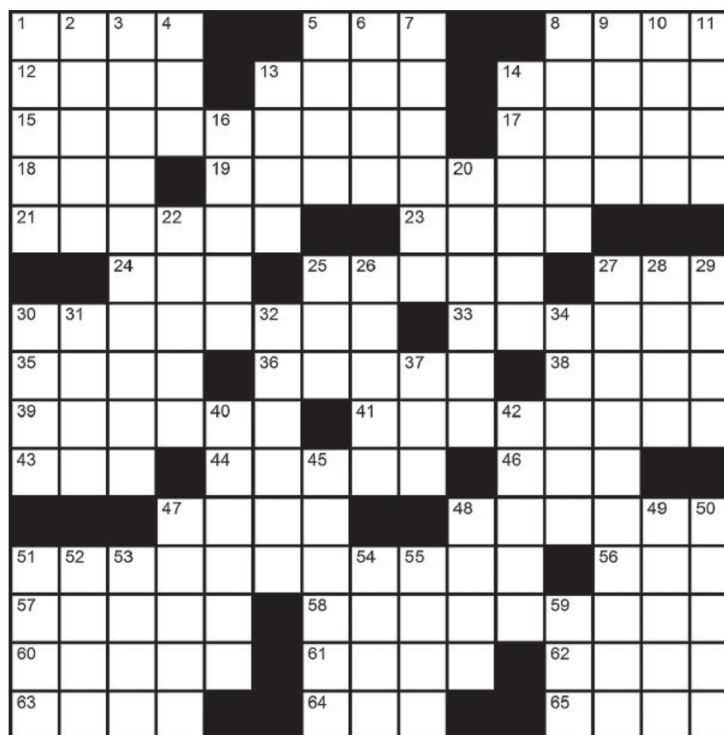
If something that has been going well for you now starts to go wrong don't worry too much. Take it as a sign to just leave it alone for a bit and by the end of the week you can pick up where you left off.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Invitation letters
5. Flier to Narita Intl. Airport
8. Tom Cruise movie
12. Time Machine people
13. Prefix to 'mal', as 0.25
14. Person being quoted
15. Plastic surgery procedures
17. Web memo, -
18. "Let's call ___ day."
19. Way to sell products on TV
21. Directions: "Can you ___ how to..."
23. Radiate
24. Taxi
25. Doing words
27. "Rain ___" (1988)
30. Sandra Bullock is Canadian in "The ___" (2009)
33. Tart-tasting
35. Grazing grasslands
36. Intense
38. Early filmmaker, Thomas H. ___
39. Upward move
41. Canada's most northerly highway
43. Utmost, numbers-wise
44. Inner's opposite
46. Brain scan, for



short

47. Small obi accessory
48. Rescuers
51. 13th PM, John ___
56. Soldier's food-in-a-packet [acronym]
57. "Monster- ___" (2005)
58. ___ Island, Nunavut

60. Parts of windows
61. Early-'80s hit: "Just the Two ___"
62. 1982 Sci-Fi flick starring Jeff Bridges
63. -_- (Retro advertised-on-TV record co.)
64. St. Louis footballer
65. Opera ___ Ottawa

(Professional opera company)

Down

1. Install anew
2. Fred Flintstone's boss, Mr. ___
3. Pro helping a singer: 2 wds.
4. Apple ___

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

- eyes
13. Sup
14. Cherry: French
16. ___ stick
20. Symbol
22. Expire
25. Central-___
26. Dodge
27. PEI novelist, Lucy Maud ___ (b.1874 - d.1942)
28. 'Appear' suffix
29. Big Apple denizen
30. Agenda
31. Inactivity
32. Ringed planet
34. Scrooge
37. Gerard ___ Borch (Dutch painter)
40. There's nothing to report: 2 wds.
42. Equals
45. "___ not..." (Hamlet's 'question' soliloquy)
47. Patsy Cline's "___ to Pieces"
48. Haws partners
49. Mistake
50. "I've Just ___ Face" by The Beatles
51. Frisbee, for one [var. sp.]
52. The 'J.' of Michael J. Fox, for short
53. Modelling's Ms. Macpherson
54. Code for letters A, B, C: ___, Bravo, Charlie
55. Heidi of "Project Runway"
59. Habs, on scoreboards

Yesterday's Crossword

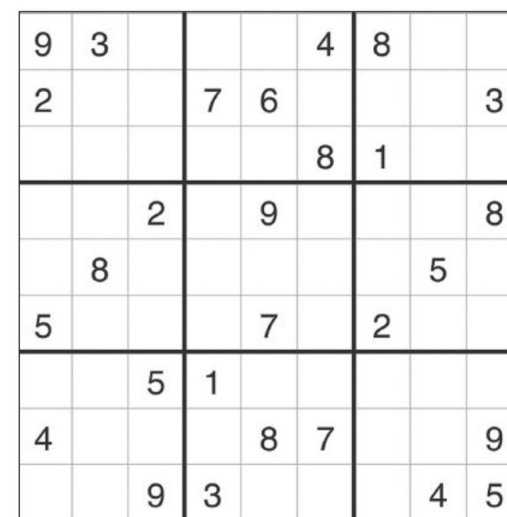


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

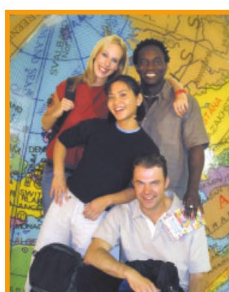
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THURSDAY

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MIN: -4°MAX: 12°
MIN: -2°MAX: 16°
MIN: 2°ANDREW SCHULTZ
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